Kent News.

CHESTERTOWN, MD., SATURDAY, SEPTEMBER 22, 1923

VOL. 84. NO. 17

TO THE

Tax - Payers

OF KENT COUNTY

TREASURER'S SEPTEMBER SITTINGS

In pursuance of an Act of Assembly passed at the session of 1894, Chapter 292, the undersigned, Treasurer of Kent county, hereby gives notice that for the purpose of receiving the

STATE AND COUNTY TAXES

in said county for the year 1923 he will sit for the September Sittings in the several Election Districts as follows:

September 21—Bolton & Vandyke's store, Galena, 9 to 12 m. Fedderman's & Collins store from 1 to 3 p. m.

September 24—Robt. Young's store at Kennedyville, 10 to 12 m.; C. C. Ivens' store, Worton, 1 to 3 p. m.

September 25—Turner's store, Betterton, 10 to 12; Medders' store, Still Pond, 1 to 3 p. m.

September 26—T. B. Durding's store, Rock Hall, 10 to 12 m.; N. T. Ashley's store, Piney Neck, 1 to 3 p. m.

September 28—Nathan Leiberman's store, Melitota, 2.30 to 4; Bramble's store, Fairlee, 11.30 to 2 p. m.

September 28—T. R. Starr's store, Pomona, 10 to 11 p. m.

At all other times will be at the Treasurer's Office in Chestertown

The Treasurer's Office in the Court House will be open every day except on the above dates from 9 a. m. to 5 p. m. for the receipt of taxes. Tax payers will please take notice that taxes will be due and payable Sept. 1, and that on all bills unpaid on Jan. 1, interest will be charged and collcted from September 1. On the first day of January all taxes unpaid are declared by law to be in arrears, and delinquents are warned that unless settlement in full is made before April 1st, the Treasurer of the county will proceed to seize and sell their property to pay taxes due with charges and all costs of sale. The Treasurer would, therefore, respectfully urge all tax-payers to pay promptly.

LEONARD WILSON,
Treasurer.

Dividend Paying Co.

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Of Kent County

is the institution which pays its Policy-Holders a dividend each year. This dividend is credited to the policy and forms a nice saving fund. As an example::

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APPLICATION FOR INSURANCE MAY BE MADE TO

F. E. Thomas, Stevensville; E. Bowers, Lynch, Md.; Joseph Downey, Rock Hall; R. Wesley Moffett, Millington; Charles H. Jefferson, Chestertown; Frank H. Ruth, Galena; G. W Owens, Betterton; Allan S. Walls, Sudlersville; Howard Turner, Betterton; T. B. Kilbourne, Chestertown.

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EBEN F. PERKINS, Sec. and Treas.

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NOTICE TO CREDITORS

Notice is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of JOSEPH A. SUTTON, late of said county, deceased.

All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 25th day of February, 1924, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under our hands this 21st day of August, 1923.

LINWOOD A. SUTTON.
J. BAYARD SUTTON.
Administrators.

ag.25-4t

John P. Ahern

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BUILDING MATERIALS, GRAIN, VITRIFIED DRAIN TILE, LIME AND FERTILIZER.

See Page 6 "Lion Brand" Woven Wire Fencing—Heavier galvanized, more elasticity, due to the wave and twist—no "V" crimps to break the galvanizing—stronger, because of stay wire being one solid unwrapped wire from top to bottom wire, locked to line wires by pattented non-slipable knot—Less susceptible to rust—being made of BASIC OPEN HEARTH STEEL—Costs no more—Get your order in before the advance.

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FRED. G. USILTON, Vice-President.
CHAS. N. SATTERFIELD, Secretary-Treasurer.

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NOTICE TO CREDITORS

NOTICE is hereby given that the undersigned has obtained from the Orphan's Court for Kent County letters Testamentary on the personal estate of Annie Cassandra Maxwell, late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 8th day of March, 1924, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 4th day of September, 1923.

WILLIAM S. MAXWELL,
Executor.

H. C. HUGHES

DENTIST

CHESTERTOWN, MD.

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

EXERCISE

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NATURALLY the expectant mother wants to know how much exercise it is safe for her to take. Is it necessary for her to lead a quiet retired life, or can she continue her work and may she engage in outdoor exercise as well?

In the first place, unless the mother's occupation has been very strenuous or exciting, there is no reason why it should not be continued at least during the early months of her waiting period. It is important that she should not brood or have any anxiety over her condition, and nothing helps the proper normal state of mind so much as accustomed occupation and seeing selected friends.

Especially is it important that she should have an abundance of fresh air. Two hours a day walking in the open is not too much. It may be wise, of course, to begin this exercise at shorter periods, increase it gradually up to the maximum, and then diminish the amount of exercise in the last weeks.

WOMEN who have led unusually active lives should modify their activities at this time. Dangerous sports requiring great exertion should be given up, and in general no exercise should be carried on up to the point of fatigue. Gardening is to be highly recommended in most cases, and the continuance of moderate household duties whenever possible with the windows open.

Mental diversion is particularly important, and everything that is possible should be done to encourage a happy, placid life. Each woman, of course, is a law to herself, and should receive particular instruction as to what she should do from her doctor. He knows her disposition and strength.

IT IS often asked whether waiting women can travel. This depends, of course, upon the nature of the traveling, whether it involves exposure or great exertion. In general, it is perhaps wise to avoid traveling during the first four months and during the last month of the waiting period. The doctor's permission should, of course, be first secured.

The mother at this time needs a large amount of sleep and provision must be made for this. She tends also to tire easily, and it is better to intersperse short periods of work or other occupation with intervals of rest. In this way, she comes to the end of the day without a feeling of exhaustion.

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

FINAL TALK.

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IN this final talk to mothers, the writer wishes to outline briefly how the rural districts of the State may make child-bearing safer for their women and the rearing of a larger number of healthy children possible.

It is realized that the giving of advice is comparatively easy and that the living conditions in rural communties on more or less isolated farms make it difficult for mothers to take the best care either of themselves or of their children.

There is, however, in this field the strongest natural human force to appeal to, namely, maternal instinct, which when aroused and shown the way will assist in improving the present situation.

Need Is Really Great.

THE need is really great. In 1921 in rural Maryland 1,877 children died under 1 year of age, that is more than one in 10 live births and there were almost an equal number of dead-born babies, so that the loss of potential human lives under 12 months of age is about 3,500, or one in every five.

Again, during the same year 118 women died from some complication associated with child-bearing. In the same age period, 20 to 40 years, 246 women died from tuberculosis, 32 from heart disease, 24 from pneumonia and but 14 from typhoid fever, so that next to tubergulosis, child-bearing, which can be made comparatively safe, ranks as the most dangerous condition that can happen to the women of the State at their most active period of life.

In the same year 16,436 infectious diseases were reported. This number probably represents a small proportion of those which actually occurred. When we recall what sorrow and suffering each death brings to the family and friends, and that every death means a larger number of patients who survived similar illnesses, many of them to continue for long periods of ill health, it would seem to be the part of wisdom and economy to inquire if there is not something more that can be done in Maryland to conserve the lives and health of the women and children.

Much More Can Be Done.

FORTUNATELY we know that much more can be done. In many places and in several countries this total of sickness and death has been greatly reduced, and this has been accomplished by methods which are easily available in Maryland.

These tried methods in general are:

First—Widespread interest in and information about all child health.

Second—Direct aid to mothers in keeping themselves and their children well.

The first method involves an appreciation of the value of health in general and of well children in particular in any community, whether district, county, village or town.

Men Must Help.

THE men who are interested in better farms, in good schools and roads must extend their support to improved sanitation and better child care. Every county in Maryland should have a trained sanitarian giving his whole time to improving the health of the county. A fair appraisement of the expense now borne by the county commissioners and the public because of preventable unsanitary conditions, illness and death would amount to a large sum. Competent sanitary supervision of a community pays for itself many times over. Any community can have as low death rate as it is willing to pay for.

We believe, too, that the chivalry of the men in Maryland can be appealed to and when this is aroused they will see to it that the women of the State will have a fair deal. It is not fair to permit these women to continue child-bearing and rearing of children on the isolated farms of the State without more instruction in health at this critical period. Other communities are furnishing this aid—Maryland can do so likewise.

To Spread Gospel Of Child Care.

THE children's bureau, through the distribution of literature, through information published in the county papers, through public meetings in various centers throughout the State, is endeavoring to spread the gospel of child care so that as far as possible every mother may become familiar with the fundamental principles of safe child-bearing and child nurture.

Even more important to the present generation of mothers is the furnishing to them of direct aid through personal contact with a trained and tactful woman—the *public health nurse.* This somewhat recent addition to the health forces should be multiplied throughout rural Maryland.

The job of the public health nurse is not primarily to nurse the sick, although she does not leave a home where there is illness without making provision for the care of the patient, but rather to help to keep people well. *She works under the direction of physicians* and brings to their attention many cases at the beginning of illness who would not otherwise so promptly consult a doctor. Only one who has followed a public health nurse on her daily rounds can appreciate what a boon she is to the community.

Visits Perplexed Mothers.

SHE takes time to visit many a tired and perplexed mother and advises her about her own health and that of her children, instructing her how to prevent the spread of infectious diseases, how to care for the tuberculosis patient and how to remedy any insanitary conditions. She encourages her to seek medical aid for the child who needs treatment for defective vision, who is undernourished, who is a mouth breather, or living under some other physical handicap.

She comes as a sympathizing but skilful friend to the expectant mother, helps her to make satisfactory arrangements for her confinement and brings comfort during the anxious period of waiting. She instructs mothers singly and in groups, in personal hygiene and home sanitation and explains at first hand the printed directions furnished by the Health Department.

More than this, the public health nurse is relied upon to assist in the health consultations that may be organized by the Health Department in her territory and to cooperate with various organizations, women's clubs and mothers' and teachers' associations interested in promoting health.

Nurse For Each 5,000.

EVERY county in the State should have a public health nurse for every 5,000 people, supported by private or public funds and assisted in her work by the State Health Department.

The children's bureau is actively concerned in increasing the number of these nurses because it knows from experience elsewhere whenever they go that the incidence of disease and death diminish and a larger proportion of children keep well.

If these informal talks have been helpful to any mothers, and above all, if they have pointed out that it is the duty and privilege of those who "know and have" to help the other women in the community to take better care of themselves and their children, the writer will be abundantly rewarded.

THE KITCHEN CABINET

(©, 1923, Western Newspaper Union.)

Let's find the sunny side of men, or be believers in it,
A light there is for every soul, that takes the pains to win it.

WHAT SHALL WE HAVE FOR DINNER.

A simple plum pudding which is nice to have on hand is the following:



Plum Pudding.—Take one quart of milk, nine milk crackers, one-half cupful each of molasses and sugar, one cupful of raisins, soak over night and in the morning add such spices as desired and steam four hours. Warm up as needed and serve with any pudding sauce.

Tapioca Pudding.—Take one tablespoonful of tapioca, the minute variety; one tablespoonful of corn meal, salt to taste, and one pint of milk mixed with one-half cupful of molasses. Bake and stir while cooking. Flavor with nutmeg or cinnamon.

This is the time of the year when water cress is most enjoyed.

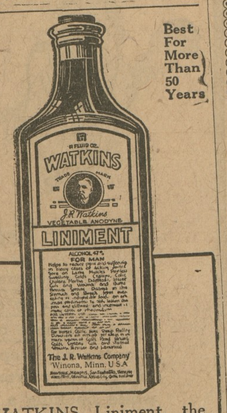
Water Cress and Grapefruit Salad.—Cut the stalks from a bunch of cress, carefully pick over to remove all discolored leaves and cover with cold water in which is dissolved a little salt.

Pare and remove the pulp from grape fruit, cut into small, thin slices Put into a salad bowl with three tablespoonfuls of olive oil, two tablespoonfuls of vinegar, a little paprika and salt to taste. Mix gently, not to crush the fruit. At serving time put the cress into a towel and swing vigorously to remove every drop of water, mix with the fruit and serve at once.

Tamales.—Boil a fowl until tender, salt and season with onion or garlic while boiling. Remove the meat from the bones and chop fine, add a bit of garlic and a generous quantity of cayenne pepper. Make a thick paste of corn meal, salt and boiling water. Form the meal into rolls the size of a finger and incase each in the corn meal paste. Wrap each tamale in the inner husk of corn, tie with a strip of corn husk and drop the tamales into the chicken stock to cook. Add two or three Mexican peppers and cook fifteen minutes.

A hot soup on a cool night, a dish of scrambled eggs, or a rarebit prepared with tomato makes a good hot dish.

Nellie Maxwell



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Kent News $1.50 Per Year

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